



# WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE 6

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## SPECIAL POINTS OF INTEREST:

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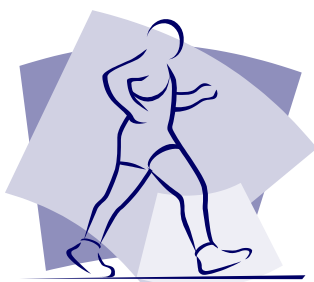
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## Walk Across Texas Kicks Off this Month!

The Brazos County Walk Across Texas Campaign kicks-off on February 11th. This FREE eight-week long program is designed to get all Texans moving and encourages them to establish a habit of regular physical activity. Throughout the program teams of eight are encouraged to walk, run, bike, swim or participate in some other form of exercise in order to accumulate 830 miles-the distance from El Paso to Orange! All you need to participate is seven of your co-workers, friends or family members to begin your Walk Across Texas! Three events will be held throughout the program to keep you motivated and, t-shirts will be available for purchase while supplies last. If you are interested in participating or would like to be placed on a team, please contact Lesley Becker at [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov) or if you would like more information about the program visit [www.brazoswat.com](http://www.brazoswat.com).



**Walk Across Texas Kick-Off Event**  
**Saturday, February 11th**  
**10am at Post Oak Mall (near JC Penney)**  
**Log your first mile and purchase a t-shirt!**  
**Door Prizes will also be given!**

## ***Get Heart Smart!***

February is Heart Month and the City of Bryan wants you to get heart smart! As part of the City's Wellness Program, we will host a seminar on heart health including information about diet, exercise and common diseases of the heart.

**Join us for this informational seminar!**

**Thursday, February 23rd**

**2:00-3:00pm**

**Municipal Office Building**

**Basement Training Room**

**Speaker: Cindy Emola, Manager of Cardiac Rehab,**  
**St. Joseph Regional Health Center**



## Metabolic Syndrome: Are you at risk?

The National Institute of Health defines Metabolic syndrome as the presence of three or more of the following risk factors:



- Elevated blood pressure: 130/85 or higher
- Insulin resistance: fasting blood glucose levels of 100 mg/dL or higher
- Elevated triglycerides: 150 mg/dL or higher
- Abdominal obesity: waist circumference of 42+ inches (men) or 37+ inches (women)
- Low HDL (good) cholesterol: less than 44.9 mg/dL (men) or less than 40 mg/dL (women)

Your risk for heart disease, stroke, diabetes and other chronic health conditions increases significantly if you fall into this category. During the City of Bryan's recent health assessment, 16.6% of our employee population were identified as having Metabolic Syndrome. Take a close look at your health assessment report and if you are at risk, discuss this with your medical provider as soon as possible.

More information located at: <http://diabetes.niddk.nih.gov>

## Tuna Pita Pocket Recipe

**Serves 6**

### Ingredients

- 1 1/2 cups shredded romaine lettuce
- 3/4 cup diced tomatoes
- 1/2 cup finely chopped green bell peppers
- 1/2 cup shredded carrots
- 1/2 cup finely chopped broccoli
- 1/4 cup finely chopped onion
- 2 cans (6oz each) low-salt white tuna packed in water, drained.
- 1/2 cup low-fat ranch dressing
- 3 whole-wheat pita pockets, cut in half

### Directions

In a large bowl, add the lettuce, tomatoes, peppers, carrots, broccoli, and onions. Toss to mix evenly.

In a small bowl, add the tuna and ranch dressing. Stir to mix well. Add the tuna mixture to the lettuce mixture and stir to combine.

Scoop 3/4 cup of the tuna salad into each pita pocket half and serve immediately.

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid (first time)

February 20th  
8am to 5pm at the MSC

### CPR & First Aid (renewal)

February 21st  
1-3pm at the MSC



### Defensive Driving

February 21st & 22nd  
8-11:30am at the MSC



Please contact Howard Hart at 209-5056 or [hhart@bryantx.gov](mailto:hhart@bryantx.gov) to register.

# **Know Your Benefits**

## **Important TaxSaver Plan Reminder!**

The TaxSaver Plan offered through the City of Bryan offers a provision that gives plan members a 2 1/2 month extension after the Plan Year ends to incur expenses. When you incur an eligible expense during those first 2 1/2 months of the Plan Year, the claim will be reimbursed first from the previous year's balance, if you have a remaining balance. If you do not have any dollars remaining from the previous year, the claim incurred and submitted during the extension period will be reimbursed from the current Plan Year dollars.

### **Attention all Existing TaxSaver Plan Participants:**

Don't forget that you can manage your TaxSaver Plan Account and obtain quick access to claims forms, account balance and see what is eligible for reimbursement. How? Go to [www.taxesaverplan.com](http://www.taxesaverplan.com) and create your own user name and password.



If you have questions about your TaxSaver Plan or any other of the benefits offered by the City of Bryan, please contact our Benefits Administrator, Flo Galaviz at 209-5053 or [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov).



## **Go Red this Friday, February 3rd!**

**Join the City of Bryan as we raise awareness about heart disease by wearing RED to work this Friday! Encourage your whole department to participate as heart disease affects each one of us in some way.**



**CITY OF BRYAN**  
Employee Health Center  
Open Monday-Friday 8am-5pm  
(closed from noon-1pm)

Call 979-821-7690 for an appointment!  
There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City's health insurance plan.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker  
Wellness Coordinator  
(979) 209-5050  
[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)  
[www.bryantx.gov/wellness](http://www.bryantx.gov/wellness)